

## Steak Ranchero

( Cook in a large frying pan with a lid )

Steak...cut into thin strips ( 1/2 " wide 4 ' long )

4-5 bell peppers cut into medium strips

1 red onion cut into 6 quarters

1 green jalapeno ( use 1/2 to start ) taste for heat

1 tsp. minced garlic

2 small tomatos diced

I watch for sales on steak like london broil or you can use round or any steak really.

Cut the steak into strips , any size you desire and then place in a bowl season with

garlic  
salt and pepper.... liberally add flour and  
mix well...Note... be liberal  
with the flour, coating the meat really,  
really well.

Saute the meat, garlic and jalapeno with all  
the remaining flour in the bowl in  
a medium hot pan using canola oil...  
cooking the meat and flour until  
browned..taste  
test to see if it is hot enough to your liking  
or if you need to add the other 1/2 jalapeno.

Add hot water to cover the meat , then add  
on top the sliced bell peppers, red onion  
wedges and diced tomatos ...mix together  
and turn down to low medium heat  
place lid on top and allow to cook stirring  
occasionally until vegetables are tender  
and the gravy becomes thickened...if to  
thick add alittle hot water to thin abit...taste  
test and add salt, pepper as desired...

When done heat flour tortillas and fill with  
steak and veggies  
roll up and cover some of the top of the  
tortilla with more of the gravy...